## B4TA 2023 OFFSEASON WEEKLY TRAINING CALENDAR



## **2023 OFFSEASON TRAINING FACILITIES**

MAJOR OWENS COMMUNITY CENTER (MOCC) - 1561 BEDFORD AVENUE, BK, NY

CJTURN2FITNESS - 36-19 STARR AVE, LIC, NY



## **JANUARY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02	03	04	05	06	07	08
Pos. Group Skills	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Pos. Group Skills+	Private 1:1 Sessions	<u>Spartan Sunday</u>
Location: Major				Strength Training		Strength Training
Owens	Available Times:	Available Times:	Available Times:	Location: Major	Available Times:	Location:
Youth (6p – 7p)	<u>HERE</u>	<u>HERE</u>	<u>HERE</u>	Owens	<u>HERE</u>	CJTurn2Fitness
H.S. (7p – 8p)				Pos. Group (6p – 7p)		Time: 3p – 4p
				Strength (7p – 8p)		
09	10	11	12	13	14	15
	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Spartan Sunday
						Strength Training
	Available Times:	Available Times:	Available Times:	Available Times:	Available Times:	Location:
	<u>HERE</u>	<u>HERE</u>	<u>HERE</u>	<u>HERE</u>	<u>HERE</u>	CJTurn2Fitness
						Time: 3p – 4p
16	17	18	19	20	21	22
16	17 Private 1:1 Sessions	18 Private 1:1 Sessions	19 Private 1:1 Sessions	20 <u>Pos. Group Skills +</u>	21 Private 1:1 Sessions	22 Spartan Sunday
16						
16				Pos. Group Skills+		Spartan Sunday
16	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Pos. Group Skills + Strength Training	Private 1:1 Sessions	<u>Spartan Sunday</u> <u>Strength Training</u>
16	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Pos. Group Skills + Strength Training Location: Major	Private 1:1 Sessions  Available Times:	Spartan Sunday Strength Training Location:
16	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Pos. Group Skills + Strength Training Location: Major Owens	Private 1:1 Sessions  Available Times:	Spartan Sunday Strength Training Location: CJTurn2Fitness
23	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p)	Private 1:1 Sessions  Available Times:	Spartan Sunday Strength Training Location: CJTurn2Fitness
	Private 1:1 Sessions  Available Times:  HERE	Private 1:1 Sessions  Available Times:  HERE	Private 1:1 Sessions  Available Times:  HERE	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p)	Private 1:1 Sessions  Available Times:  HERE	Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p
	Private 1:1 Sessions  Available Times: HERE  24 Private 1:1 Sessions	Private 1:1 Sessions  Available Times: HERE  25 Private 1:1 Sessions	Private 1:1 Sessions  Available Times: HERE  26 Private 1:1 Sessions	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p) 27 Pos. Group Skills + Strength Training	Private 1:1 Sessions  Available Times: HERE  28 Private 1:1 Sessions	Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p  29 Spartan Sunday Strength Training
	Private 1:1 Sessions  Available Times:  HERE	Private 1:1 Sessions  Available Times:  HERE	Private 1:1 Sessions  Available Times:  HERE	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p) 27 Pos. Group Skills +	Private 1:1 Sessions  Available Times:  HERE	Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p  29 Spartan Sunday
	Private 1:1 Sessions  Available Times: HERE  24 Private 1:1 Sessions	Private 1:1 Sessions  Available Times: HERE  25 Private 1:1 Sessions	Private 1:1 Sessions  Available Times: HERE  26 Private 1:1 Sessions	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p) 27 Pos. Group Skills + Strength Training	Private 1:1 Sessions  Available Times: HERE  28 Private 1:1 Sessions	Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p  29 Spartan Sunday Strength Training
	Private 1:1 Sessions  Available Times:  HERE  24  Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:  HERE  25  Private 1:1 Sessions  Available Times:	Private 1:1 Sessions  Available Times:  HERE  26  Private 1:1 Sessions  Available Times:	Pos. Group Skills + Strength Training Location: Major Owens Youth (6p – 7p) H.S. (7p – 8p) 27 Pos. Group Skills + Strength Training Location: Major	Private 1:1 Sessions  Available Times:  HERE  28  Private 1:1 Sessions  Available Times:	Spartan Sunday Strength Training Location: CJTurn2Fitness Time: 3p – 4p  29 Spartan Sunday Strength Training Location:

## **FEBRUARY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03	04	05
	Private 1:1 Sessions	Private 1:1 Sessions	<u>Pos. Group Skills</u>	Private 1:1 Sessions	Private 1:1 Sessions	<u>Spartan Sunday</u>
			Location: Major			Strength Training
	Available Times: HERE	Available Times: HERE	Owens Youth (6p – 7p)	Available Times: HERE	Available Times: HERE	Location: CJTurn2Fitness
	HENE	HENE	H.S. (7p – 8p)	HENE	HENE	Time: 3p – 4p
			7 ii.s. (7 p - 5 p )			Time.sp Tp
06	07	08	09	10	11	12
	Private 1:1 Sessions	Private 1:1 Sessions	<u>Pos. Group Skills</u>	Private 1:1 Sessions	Private 1:1 Sessions	<u>Spartan Sunday</u>
			Location: Major			Strength Training
	Available Times:	Available Times:	Owens	Available Times:	Available Times:	Location: CJTurn2Fitness
	<u>HERE</u>	<u>HERE</u>	Youth (6p – 7p) H.S. (7p – 8p)	<u>HERE</u>	<u>HERE</u>	Time: 3p – 4p
			11.5. (7β Οβ)			тинс.эр нр
13	14	15	16	17	18	19
	Private 1:1 Sessions	Private 1:1 Sessions	Private 1:1 Sessions	Pos. Group Skills	Private 1:1 Sessions	<u>Spartan Sunday</u>
		A 11-1 1		Location: Major		Strength Training
	Available Times:	Available Times:	Available Times:	Owens	Available Times:	Location:
	<u>HERE</u>	<u>HERE</u>	<u>HERE</u>	Youth (6p – 7p) H.S. (7p – 8p)	<u>HERE</u>	CJTurn2Fitness Time: 3p – 4p
				π.σ. (7 β – σρ)		1111c.5p - <del>4</del> p
20	21	22	23	24	25	26
	Private 1:1 Sessions	Private 1:1 Sessions	<u>Pos. Group Skills</u>	Private 1:1 Sessions	Private 1:1 Sessions	<u>Spartan Sunday</u>
			Location: Major			Strength Training
	Available Times:	Available Times:	Owens	Available Times:	Available Times:	Location:
	<u>HERE</u>	<u>HERE</u>	Youth (7p – 8p) H.S. (7:30p – 8:30p)	<u>HERE</u>	<u>HERE</u>	CJTurn2Fitness Time: 3p – 4p
			11.3. (7.30p – 6.30p)			Time. 5p – 4p